



TWO THOUSAND

Covenant Christian High School



the 1990s, the number of people in the UK with a mental health problem has increased by 50% (Mental Health Act 1983, 1993). The prevalence of mental health problems in the UK is estimated to be 10% (Mental Health Act 1983, 1993).

There is a growing awareness of the need to address the needs of people with mental health problems in the workplace. The Mental Health Act 1983 (1993) states that employers have a duty to provide a safe and healthy working environment for their employees. This duty includes the need to take steps to prevent and reduce the risk of mental health problems in the workplace.

The Mental Health Act 1983 (1993) also states that employers have a duty to provide support and assistance to their employees who are experiencing a mental health problem. This support and assistance should be tailored to the individual needs of the employee and should be provided in a timely and effective manner.

The Mental Health Act 1983 (1993) also states that employers have a duty to provide information and advice to their employees about mental health problems. This information and advice should be provided in a clear and accessible manner and should be tailored to the needs of the employee.

The Mental Health Act 1983 (1993) also states that employers have a duty to provide training and education to their employees about mental health problems. This training and education should be provided in a clear and accessible manner and should be tailored to the needs of the employee.

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Covenant Christian High School

This yearbook is dedicated
in loving memory to
Mrs. Sharon Jonkman



1949 -2007

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Above: Luke Johnson plays guitar for service week.



Far Above Right: Gravel for the spreading!



Above Right: Josh VanZyl "relaxes?"

Right: Sam Kuiper waits to spread gravel during service week



Right: James, Kristen, Brian, and Alicia goof off a bit while Cole serenades the class on his violin!



Freshman Service Week

*Camp Manitouqua,
Elim, DeMotte Area,
Christian Haven*



Above: Evan, Drew, and Luke

Left: The sweeping job seemed never ending, but the freshmen got it done.



Left: Michael Croft tears it up with a blower while using his new extreme yard work skills!

Above: It takes a lot of work to rake up all the grass, but it all got done!





Top Left: One group painted buildings at Camp Tall Turf to get them ready for summer.
 Above Right: Anna and Desiree paint a cabin.

Above Left: Raking leaves was a big part of the week.

Below Left: One group helped rebuild picnic tables.

Below Center: Jacob and Bryan admire the snake that Mr. Bowers is holding.

Below right: Some of the sophmores hung out on a deck near the lake.



Service Week Camp Tall Turf



Above Top: One group spent alot of time dumping leaves.

Above Right: One of the large tasks we had to do was rebuild the ramp infront of the main building.

Above: During the breaks the sophmores liked to hang out in the main room.

Below Left: Mark, Brian G, Jacob and Kim spent time working on the ramp.

Below Center: The pool table was a big hit with the sophmore boys.

Below Right: The bus rides were always a fun time to talk to classmates.





Above: The entire group stands in front of the ARO sign.

Below: A group of Juniors paint a house. This involved many balancing acts with ladders.



Above: Jessica and Olivia paint a railing on a house.



Left: Sometime was experimenting with the pop bottle launcher at ARO.

Below Left: A group contemplates the work they are about to do. This included painting and crawling underneath the house.



Below: Kyle and Luke organize some items in the store for ARO.





Service Week Inez, Kentucky



Above Left: Trevor works diligently on the roof of the Appalachia Reach Out building.

Left: Several Juniors put up a wall to convert a garage into a house.

Below Left: The Juniors take a break one day to enjoy a day at a park and eat some supper.

Bottom Left: The Juniors line up for supper, which was always delicious.



Below: Jenna and Adam work on putting up drywall with Mr. Vander Molen.

SERVICE WEEK

ATLANTA GEORGIA

For the 2008 service week, a mixture of juniors and seniors went to Atlanta, Georgia to serve others and their God. There they learned about the poverty of Atlanta and had the chance to make a difference. They also had the chance to experience the different cultures living in the heart of Atlanta.

Right: Bob and his group bring prepared food to a lady and also had the chance to witness to her. The organization that provided this opportunity was called Open Hands

Below: Part of the Atlanta group scraping and painting a house



Left: Mr. Dunham posing for the camera

Right: Katie, Lauren, and Josh relaxing in the backseat during a drive through the city.



Bottom Left: Phil and Rebecca weeding in a local community garden



Bottom Right: Laura scoops salsa while Mr. Dunham tells a story.



Far Right: The Atlanta group gathers together for devotions with the group from Boston





Left: The Atlanta group getting ready to set off for Atlanta, Georgia.

Below: Amanda having fun stacking fruit cups



Left: Mr. DeVries reads from his Bible during a devotions trip through the city

Right: Jordon, Bob, Rebecca, Bekah, Laura T., Laura W. and Solomon at Martin Luther's house.

Bottom Left: The group gathers at a park for devotions and communion

Below: Phil, Rebecca, and Josh use wheelbarrels to move mulch at a community garden

Bottom Right: Laura W., Rebecca, Dawn, and



Below: The seniors
gather for church on
Sunday.

Far Below: A group of
girls. Mr. Hamstra, and
Juan Carlos, all work
to finish roofing before
the day is over.

Right: On the way to Centro Victoria
Church, Dan, Eric, and Sara take time to
play with the local boys.

Below: Callie, JessT, Elise, and Bethany
paint faces for dia de los ninos



Pictured: Kerri, JessD., Callie,
Danny, Betsy, and Rebecca use
their team work skills to finish
the stuccoing the wall.



Pictured: Kerri, Angela,
Betsy, Kelli, JessD., Tiffi,
Callie, and Elise have a good
time at the border between
Mexico and the USA.



Juarez, Mexico

Below: Kelli and Dave interact with some of the 400 children that came for the Dia de Los Ninos celebration.



The majority of the seniors, and Nathan Hubers, went to Juarez, Mexico during the last week of April this year. It was an eye opening experience that will stay with all that went for a long time. While there, the students were able to play with many of the local children, explore the city for a day, haggle at the market, and work at various projects that included organizing a pharmacy, building walls, painting, laying tile, running activities on dia de los ninos, drywalling, roofing, and other odd jobs. Everyone enjoyed the excellent Mexican food and spending time together serving God and others.



Michael Croft
Evan DeKock
Justin Dexter
James Handtke
Andrew Horjus
Alicia Hubers



Holly Huizenga
Luke Johnson
Sam Kuiper
Shawna Lane
Ellyse Miller
Nina Post



Carol Qualls
Matthew Schurman
Nicolas Seibt
Dallas Spender
Timothy Thorn
Gordon Van Baren



Rachel Van Kuiken
Robert Van Kuiken
Austin Van Proyen
Joshua Van Zyl
Kristin VanderMeer
Bethany VanderMolen



Alyssa Vanderwal
Megan Wetselaar
Brian Wunderink
Kristen Zeilenga
Danielle Zuidema



Left: Kristen Alicia and Danielle pose for a picture

Above: Croft is slammin' with his guitar.

Right: Freshman guys show off their guitar skills during the "Break Fast"



Freshman



Above: Justin has fun playing cards during Gamerz



Right: Ellyse sits in the Library with her Ipod.



Left: Drew makes a wierd face during the Job-A-Thon

Below Left: Kristin and Holly laugh about something



Bottom: Some Freshman hangout during the Jog-A-Thon.

Right: Tim seems to be having too much fun playing cards.



Sophmores: Class of 2010

Derek Barnheart
Brent Bingham
Jeremy Boer
Mark Bowers
Amanda Bykerk
Joshua Dahm



Andrew DeBoer
Desiree den Dulk
Brian Glemby
Bradly Hendrickson
Ryan Hock
Melanie Hosey



Will Jackson
Hannah Johnson
Brian Kingma
Melissa Lagestee
Ashlyn Lane
Megan Lins



Jacob Long
Cameron Mulder
Vanessa Nuss
Dirk Oudman
Jolene Postma
Anna Ridder



Kimberly Scheeringa
Anglea Schurman
Adam Silva
Todd Slager
Bryan Standarski
Derek Stegenga



Brandon Vandersluis
Alex Wunderink
Kirk Wynsma





Left: The class has school spirit in the pep rally
Below: Brandon, Derek, Bryan, and Josh take a break from the jog a thon
Far below: Brad and Cameron work on their homework in the computer lab.



Far Left: Ryan, Hannah, and Brian, play Apples to Apples.

Left: Ryan and Anna playing one of the mixer games.

Bottom Left: Some sophomore boys walk for the Jog-A-Thon

Below: Some Sophomores work hard during Activities

Opposite page: Jolene, Todd, and Will working in a class.



Juniors

Alex Anderson
Corinne Beezhold
Olivia Bos
Luke DeBoer
Robert DeGraff
Jenna DeKryger



Cindy Friend
Jordan Groves
Nathan Hubers
Craig Johnson
Jessica Jonkman
Rebecca Kalma



Josh Kraus
Kyle Maatman
Sean McPhillips
Lindsey Olthof
Phillip Perry
Rebekah Postma



Tara Schakel
Tony Schering
Michael Standarski
Trevor Van Proyen
Sydney Van Ravenswaay
Samantha Van Zyl



Adam Vander Molen
Laura Walstra



Left: Luke chases after Mr. Dunham during Intramurals

Right: Sydney acts goofy while Rebekah and Jenna watch

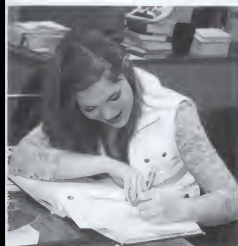




Top Left: The Junior guys show off class spirit during Spirit Week.



Top Right: Bob and Lindsey both smile pleasantly for the camera



Far left: Rebecca is working hard on her homework



Left: Tara and Jess share a moment during the fall mixer



Directly Above: Some Juniors take a walk during the jog-a-thon



Right: Kyle goofing off as usual.

Left: Cindy and Laura have a chat during Landlopers



1.
Kyle
Beedle



2.
Josh
Black

Angela Bykerk 3.



Jessica Dahm 5.



4.
Daniel
Bykerk



6.
Sara
DeBoer





7.
Rebecca
Dorn



8.
Daniel
Glemby



9.
Kelli
Hamstra



10.
Steve
Handtke

Callie Herz 11.



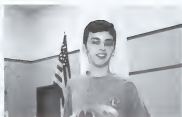
Doug Hoekstra 12.





Senior Wills

- I, Kyle Beedle, will my incredible devotion to the school's plays/musicals to
Ellyse Miller
- I, Josh Black, will my sideburns to Josh Van Zyl
- I, Angela Bykerk, will my automobile speediness to my cousin Amanda
- I, Dan Bykerk, will my sweatiness to Oliva Bos
- I, Jessica Dahm, will my patience and independence to Brad Hendrickson
- I, Sara DeBoer, will my crutching abilities to Kyle Maatman
- I, Becca Dorn, will my cheerleading skills/obsession to Holly Huizenga
- I, Danny Glemby, will my ability to eat and hide carrots to Sean McPhillips
- I, Steve Handtke, will my left kidney to Cameron Mulder
- I Callie Herz, will my extreme inability to tan to Adam Silva
- I, Doug Hoekstra, will my position A/V mastermind to Cole Seibt
- I, Katie Hubers, will the "Dallas Call" to Evan DeKock
- I, Bethany Jacobus, will Jordan's crush on me to Becca Kalma
- I, Sarah Johnson, will my freckles and skateboarding talent to Brian Glemby
- I, Elisa Kaifetz, will my sneaky texting abilities to Desiree den Dulk
- I, Amanda Kalma, will my buffness to Adam Vander Molen
- I, Lauren Kermelis, will my drum skills to Sam Kuiper
- I, Solomon Long, will my classy clothes style to Mr. Kamminga
- I, Kirk Maatman, will my intense effort and heart to Matt Schurman
- I, Elise Piekarczyk, will my ability to relentlessly antagonize freshmen to
Michael Croft
- I, Dave Schurman, will my pure domination to Mark Bowers
- I, Eric Swanson, will my right kidney to Cameron Mulder
- I, Tiffany Tazelaar, will my jump serve and volleyball skills to
Angela Schurman
- I, Jessica Terpstra, will my love of choir to Robbie Van Kuiken
- I, Laura Turngren, will my agressiveness on the soccer field to Sam Van Zyl
- I, Eric Van Der Molen, will my ping pong skills to Sean McPhillips
- I, Nathan Vanderwal, will my pyrotechnic skills to Luke DeBoer
- I, Kerri Wunderink, will my love for Harry Potter to Hannah Johnson
- I, Betsy Zandstra, will my personality to Gordon Van Baren





13.
Katie
Hubers



14.
Bethany
Jacobus



15.
Sarah
Johnson



16.
Elisa
Kaifetz



17. Amanda Kalma



18. Lauren Kermelis



19.
Solomon
Long



20.
Kirk
Maatman



21.
Elise
Piekarczyk



22.
Dave
Schurman



23.
Eric
Swanson



24.
Tiffany
Tazelaar

Forever Famous



Forever Famous was a night to remember when famous characters of the past came to life through the students of CCHS. There were characters ranging from classic movies, sport stars, and TV shows.

Left: The Pink Ladies (Melissa, Angela, and Sydney) made a smashing hit in their pink shirts.

Below: Ellyse, Alyssa, Timothy, James, Kristin, and Megan won the Diva award for their group costume of the characters from Clue.





Far Left: Nathan Vanderwal and Bethany Jacobus both enjoyed dressing up

Center: Megan Lins and Todd Slager came as characters from the Phantom of the Opera

Left: The Lone Ranger turned out to be a masked Kyle Beedle



Above: Jessica Jonkman came as Little Red Riding Hood

Left: A group of seniors pose for the camera in their costumes



Far Left: Meet the Flintstones. Sam, Kristin, and Holly

Left: Dan and Becca pose as Han Solo and Princess Leia

...



25.
Jessica
Terpstra



26.
Laura
Turngren



27.
Eric Van
Der Molen



28.
Brad Van
Kuiken



29.
Nathan
Vanderwal



30.
Kerri
Wunderink

31. Betsy Zandstra



Below are the activities the seniors participated in their years of high school. The numbers next to the pictures correspond with that person's activities.

1. Golf 3 years, Band 4 years, Yearbook 2 years, Book Club 4 years, Play 4 years, Landlopers 1 year
2. None
3. Choir 2 years, Yearbook 1 year, Play 3 years
4. Basketball 4 years, Soccer 4 years, Band 4 years, Student Council 4 years, Play 2 years, Landlopers 2 years
5. Basketball 1 year, Soccer 4 years, Cheerleading 2 years, Track and Field 3 years, Choir 2 years, Book Club 1 year, Play 2 years
6. Basketball 4 years, Soccer 4 years, Choir 2 years, Student Council 3 years, Play 3 years
7. Cheerleading 4 years, Choir 2 years, Yearbook 2 years, Student Council 1 year, Volleyball 1 year, Landlopers 1 year
8. Soccer 4 years, Track and Field 1 year, Golf 1 year, Baseball 1 year, Choir 3 years, Play 2 years
9. Soccer 1 year, Basketball 4 years
10. Basketball 2 years, Soccer 4 years, Track and Field 3 years, Golf 2 years, Baseball 1 year, Band 3 years, Play 4 years, Landlopers 1 year
11. Choir 2 years, Play 3 years, Volleyball 1 year, Landlopers 1 year
12. Basketball 2 years, Golf 3 years, Choir 3 years, Play 4 years
13. Cheerleading 2 years, Yearbook 1 year, Landlopers 1 year
14. Basketball 1 year, Soccer 4 years, Band 4 years, Student Council 1 year
15. Cheerleading 4 years, Golf 1 year, Choir 3 years, Yearbook 2 years, Play 1 year
16. Choir 2 years, Landlopers 1 year
17. Cheerleading 4 years, Track and Field 1 years, Choir 4 years, Play 4 years, Landlopers 1 year
18. Basketball 2 years, Soccer 2 years, Track and Field 3 years, Band 4 years, Chapel 4 years, Play 1 year, Landlopers 2 years
19. None
20. Basketball 4 years, Soccer 4 years, Track and Field 3 years, Golf 1 year, Choir 2 years, Student Council 1 year, Book Club 2 years, Play 2 years, Landlopers 2 years
21. Track and Field 4 years, Choir 2 years, Play 4 years
22. Basketball 4 years, Soccer 4 years, Golf 3 years, Band 4 years, Play 1 year, Landlopers 2 years
23. Basketball 1 year, Soccer 4 years, Track and Field 3 years, Choir 2 years, Student Council 1 year, Play 3 years, Landlopers 2 year
24. Basketball 1 year, Track and Field 4 years, Choir 2 years, Book Club 1 year, Play 1 year, Volleyball 4 years
25. Cheerleading 4 years, Choir 4 years, Play 1 year
26. Soccer 3 years, Track and Field 1 year, Band 4 years, Yearbook 2 years, Play 4 years, Volleyball 1 year, Landlopers 2 years
27. Basketball 2 years, Baseball 1 year, Choir 4 years, Play 3 years
28. Basketball 2 years, Choir 2 years, Soccer 4 years, Baseball 1 year
29. Soccer 2 years, Band 4 years, Play 1 year, Landlopers 1 year
30. Soccer 3 years, Cheerleading 3 years, Choir 2 years, Play 3 years
31. Track and Field 4 years, Band 4 years, Yearbook 3 years, Play 4 years, Volleyball 4 years

Brian Alphenaar
James Clark
Lois De Vries
Shelley Dexter
Liz Dorn
Andrew Dunham



Carolyn Hagar
Jeff Hamstra
Sally Hamstra
Theresa Hubers
Al Kamminga
Stephanie Kreuze



Sharon Nanninga
Todd Nanninga
Clarence Oudman
Larry Ouwenga
Jackie Saxon
Gladys Schliemann



Martin Van Kley
Pam Van Zyl
Joe Venema



Cesar Molina (Not
Pictured)



Left: Mrs. Dorn
is hard at work in
her office

Right: Mr. Oud-
man is being the
school's principle



Top Left: Mrs. Hubers
eating on Landlopers
Top Middle: Mrs. Saxon
becomes the new librar-
ian
Above: Mr. Nanninga
shows off his new baby
girl

Faculty and Staff



Above: Mr. Alphenaar watches the students during the jog-a-thon

Top Right: Mr. Kamminga walks with students at field of dreams

Right: Mr. Venema cleans tables at lunch time



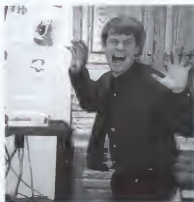
Left: Mrs. Hagar is excited about Landlopers

Right: Mr. Dunham acts himself during class

Bottom Left: Mr. Hamstra relaxes in Alphenaar's classroom

Below: Mrs. Kreuze laughing

Below Right: Mrs. Van Zyl shows off her crazy hat



SPIRIT WEEK



Above: Derek Barnhart shows off his dancing skills



Kristen takes the opportunity to show her love of Scooby Doo on crazy hat day



Left: Adam and Todd get into the spirit of the lifesaver game



Above: Elise and Betsy dressed up as Butterflies on Animal Day.



Left: Dirk tried his hardest at the Gummy Worm eating contest



Below: On Animal Day all the Juniors decided to dress up as Clifford the Big Red Dog.



Left: Jordan Groves led his Junior class in a rap for school spirit.

Below: The Freshman displayed their enthusiasm for our school



Center: The seniors all showed school spirit by dressing up for Formal Day.

Above: The Sophmores made up their dance moves to the song Ice Baby.

Left: The Seniors won the class cheer contest by showing off their dance moves to the song Thriller.

Chapel

Chapel at CCHS is every Wednesday right before lunch. At each meeting the student body comes together worshipping their Lord and Maker. The Chapel committee invites speakers to come and present a message for the students about many different situations and ideas. This is a wonderful time for all



Left: Students sit and watch the first chapel of the year, the Amazing Juggling Man



Right: Dirk and Bob wait patiently for their chapel meeting to start

Left: Mr. Alphenaar explains the rules of his game for chapel which consisted of finding out how much you really know a person and what you are focusing on when you see them



Left: Kirk and Tiffany answered many of Mr. Alphenaar's questions about the other correctly



Above: The student body listens to a speaker doing a weekly chapel service



Above: Mr. Kaifetz was a special guest speaker for one chapel service.

Student Council



Above: Trevor and Jessica sit on others laps during a student council mixer

Left: The Student Council
Top Row: Luke Johnson, Eric Swanson, Sara DeBoer, Dan Bykerk, Alex Anderson, Phil Perry, Mr. Venema

Bottom Row: Amanda Bykerk, Rebecca Dorn, Mark Bowers, Sam Kuiper, Mr. Dunham



Above: A group of guys help with the Student Council tailgating

Left: Eric Swanson grills some hamburgers and hot dogs



Above: The Student Council explains what will be happening in the fall mixer.



Above: Mr. Nanninga and Mr. Hamstra watch on as the students file out to play the mixer games



Above: Alex Anderson takes a moment to detail the rules of the chair game



Yearbook



Top Center: Will and Jolene work on selling adds to pay for the book year reading.



Top Right Corner: Will stares at the camera while Beast laughs about something.



Top Left Corner: Laura works on some of the Yearbook's finances.



Right: Jolene smiles for the camera.



Bottom Right: Will works hard on the yearbook.

Left: Melanie and Brad have a heated conversation while working on the yearbook.



Top Row Left: Betsy Zandstra, Melanie Hosey, Jolene Postma, Laura Turngren

Bottom Row Left: Brad Hendrickson, Will Jackson, Kyle Beedle, Dusty Beedle (Supervisor)



BookClub



Top Left Corner: Cole makes a interesting face during book club.



Top Right Corner: A glimpse at one of the many heated discussions book club has.



Left: Dirk and Mr. Dunham discuss the latest book.



Right: Mrs. Saxon and Cindy listen during a conversation.



Left: Mr. Dunham arrived a tad late to the meeting and almost missed all of the snacks.

Right: Mr. Dunham, Cindy, and Mrs. Saxon take a moment to eat and listen to the ongoing conversaion.



Left to Right: Megan Wetselaar, Dirk Oudman, Cole Seibt, Kirk Maatman, Mr. Dunham, Ellyse Miller, Nathan Hubers, Cindy Friend, Mrs. Saxon, Kyle Beedle.



"Trapped By A Treacherous Twin"



Above: Elise Piekarczyk aka Mother Haverford looks in the family safe
Left: As the two brothers duel outside, the Haverford family waits in suspense.



Above: Sadie, April, and Grace are all happy that Noel is out of Prison.
Bottom: Sadie Rose (Betsy Zandstra), faints after the evil Yule (Bob DeGraff) kisses her

Below: Books go flying when Sam enters the scene



Above: The cast and crew of "Trapped By A Treacherous Twin"

Right: Herbert (Dirk Oudman) bids good riddance to his evil son Yule, who is carried away by the police.



Cinderella



Left: The towns people in Cinderella hear the news "The Prince is giving a ball!"

Below: The Fairy godmother bids adieu to Cinderella



Above: The hard working crew of Cinderella.

Below: Cinderella scurries to keep up with the demands of her step-mother and step-sisters



Left: To Prince Charming's great delight, the slipper fits!

Right: The king and queen go back to a simpler time in their song "Boys and Girls Like You and Me"



Left: The magnificent, and very large, cast of Cinderella.

Below: Betsy Zandstra and Elise Piekarczyk with their beautiful horse and carriage.



Below: Sara DeBoer gives the address
on behalf of the class.

Right: Glen Walstra geives his parting
wisdom and blessings to the class.

Right: The tassel,
which the graduates
were ready to move .

Below: The boys
are ready for the
ceremony to begin!



Board President Bob
Swanson presents
Elisa with a hand-
shake and a diploma



Mr. Alphenaar, Pastor Vanderwal,
and Mr. Tazelaar sing a final fare-
well to the senior class.



Below: The senior class as a whole is ready to graduate during the last week of classes
 Center Below: Half the graduates have already walked to the sound of Pomp and Circumstance while the other half waits.
 Far Below: The graduates sing their farewell song and class favorite "Nearer Still Nearer"



May 30, 2008 Graduation

Class of 2008... You're Done!

After four years of high school, seeing some classmates go and seeing new ones arrive, the graduating class finally arrives at the culminating point, graduation.

New friendships were wrought and old ones strengthened as the '08 class grew together as freshmen to sophomores to juniors and finally seniors.

As they go their separate ways, some onto college, some onto the working world, some onto other forms of education, they will always have the memories, good and bad, that were created at Covenant and always know that as a class they thrived and will always have their past together if only for these four short years.

May all the graduates remember and cherish their class verse:

Let us hold unswervingly to the hope we profess for he who promised is faithful.

Hebrews 10: 23



Men's Soccer



Below Left Corner: Mark skillfully steals the ball.

Below Center: Steve kicks a corner kick

Below Center Top: James Handtke tries to keep the ball in play.



Men's Varsity Soccer Team

Top Row Left: Coach Andrew Dunham, James Handtke, Matt Schurman, Sean McPhillips, Luke DeBoer, Mark Bowers, Danny Glemby, Steve Handtke, Kyle Maatman, Jeremy Boer, Josh Kraus

Bottom Row Left: Justin Dexter, Eric Swanson, Brad Van Kuiken, Dan Bykerk, Kirk Maatman, Dave Schurman, Eric Van Der Molen, Andrew DeBoer



Above Left: Steve Handtke dribbles the in the Trinity South Bend match

Above Right: Alex and Robbie follow the soccer ball.

Below Right: Cameron moves the ball down the field.





Men's Junior Varsity Soccer Team

Top Row Left: Alex Wunderink, Robbie Van Kuiken, Austin Van Proyen, Josh Van Zyl, Coach Nick DeVries, Tim Thorn, Matt Schurman, James Handtke, Jeremy Boer
Bottom Row Left: Evan DeKock, Phillip Perry, Justin Dexter, Andrew DeBoer, Dirk Oudman, Josh Dahm, Cameron Mulder



Below Left: Dave prepares to kick the ball.

Below Center: Eric Swanson moves the ball to the visitor's side.

Below Right: Josh kicks the ball away from the goal while the defenders get back to their positions.

Above Left: Nick throws the ball back into play

Above Center: Danny powers the ball down the field while Dan and Brad supply backup





Woman's Soccer

Above: Anna steals the ball from an opposing player.

Above Center: Bethany makes soccer look easy

Above Far Right: Sam shows off her soccer skills on the field.

Right: Alyssa makes an gravity defying save

Below: Sara brings the ball down the field as Olivia watches the situation





Far Left: Laura kicks the ball outa' there
Center: Jenna fights to get the ball
Left: Kelli uses her defensive skills to guard the goal



The Ladies Soccer Team
Top Row Left: Alyssa Vanderwal, Megan Wetselaar, Jenna DeKryger, Sara DeBoer, Coach Malcom DeKryger, Jessica Dahm, Alicia Hubers, Kristen Zeilenga, Anna Ridder
Bottom Row Left: Kelli Hamstra, Bethany Jacobus, Olivia Bos, Laura Turngren, Sam Van Zyl, Amanda Bykerk, Sydney Van Ravenswaay



Far left: Jess Dahm gets the ball away from the opposing player
Left: Sydney gets the ball away from the other players.

LADIES VOLLEYBALL



Top: After a backrow pass from Danielle, the front row gets ready for a stellar play.

Above: Betsy makes a perfect pass.



Left: Senior Captains Betsy and Tiff high-five after a great play.

Below: Lindsey finishes the play while Tara and Rebecca get into position.



Above: Betsy and Tiff both congratulate Rebecca after an ace serve.

Top Right: It gets chaotic on the volleyball court when all the girls "herd" to the ball.

Right: "Front-row-magic" in the back row.





Above Jr Varsity

Top Row Left: Coach Stephanie Krueze, Jess Jonkman, Angela Schurman, Kristin Vandermeer, Rachel Van Kuiken, Luise Haenicke, Bottom Row Left: Nina Post, Danielle Zuidema, Megan Lins, Desiree den Dulk, Bethany VanderMolen.



Above Varsity

Bottom Right: Desiree denDulk, Megan Lins, Angela Schurman, Jess Jonkman, Rebecca Kalma, Corinne Beezhold, Tara Schakel, Tiffany Tazelaar, Betsy Zandstra, Lindsey Oltoff, Coach Stephanie Krueze



Top Left Center: As Angela hustles to the net, Danielle, Rachel, and Bethany move to their defensive positions.

Left: Tiffany goes up to the net for an excellent tip.

Above left: Megan Lins pounds the ball in a serve.

Above right: Tara winds up to slam the ball in a dominating spike.



Top Left Corner: Bryan fights to keep the ball.

Above: The Covenant Knights make a mad rush to get the rebound.



Above: Dan and Phil team up to be sure of a great rebound.

Right: Todd jumps to make a great shot.

Left: Kirk wins the tip to start the game off right!





The Varsity Basketball Team

Top Row Left: Coach Brian Alphenaar, Even DeKock, Brad Van Kuiken, Phill Perry, Tony Scheringa, Kirk Maatman, Dan Bykerk, Coach Jeff Hamstra

Bottom Row Left: Bryan Standarski, Andrew DeBoer, Dave Schurman, Mark Bowers, Alex Anderson, Jeremy Boer



JV Basketball Team

Top Row Left: Coach Brian Alphenaar, Evan DeKock, Todd Slager, Justin Dexter, Cameron Mulder, Josh Dahm, Matt Schurman, Coach Jeff Hamstra

Bottom Row Left: Brian Wunderink, Bryan Standarski, Sam Kuiper, Jeremy Boer, Ryan Hoek



Above: The team celebrates winning the state championship.

Below: Joshua Dahm gets open for a pass from one of his teammates

Bottom: Dave goes for a layup



LADIES BASKETBALL



Top: Corinne jumps to get control of the ball during the tip off

Left: Kelli plays point guard and brings the ball around.

Right: Megan fights to keep the ball



Girls Basketball Team

Top Row Left: Coach Stephanie Krueze, Sara DeBoer, Corinne Beezhold, Alyssa Vanderwal, Alicia Hubers, Luise Haenicke, Megan Lins, Coach Joe Venema

Bottom Row Left

Vanessa Nuss, Olivia Bos, Angela Schurman, Kelli Hamstra, Megan Wetselaar, Danielle Zuidema, Nina Post



Left: Corinne passes the ball back to Kelli as the team tries to score

Below: Sara decides whether to pass or shoot.

Far Below: Kelli goes up for a basket while the team gets into rebound positions



Above Right: Alyssa passes the ball to her teammate.

Above Left: The team gets on court

Above: Angela and Nina make their way down the court.

Left: Megan W. prepares to throw the ball back into the game.

Right: Angela dribbles the ball towards the net.



Cheerleading



Left: The Cheerleaders perform a routine with the possible future cheerleaders.

Below: Amanda and Holly are held up in the air by their team.

Below: The girls perform a dance routine



Left: The squad dances for the crowd during one of their half time performances.

Right: Sarah and Hannah pose while held up.

Below Right: Practice made perfect as displayed in the cheerleaders' lift skills

Below Left: Cheering for all to hear, the cheerleaders get the crowd into the game.



Golf



Left: Dave addresses the ball before his swing.

Right: Doug starts his swing with a backswing.



Left: Kyle practices a couple swings before hitting the ball

Below Left: Brian hits the ball out of the sand.

Below: Dave watches his ball fly after he hit it.

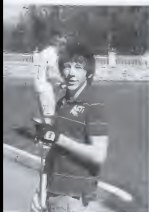


Left: The Golf Team from left to right- Kyle Beedle, Brian Wunderink, Dave Schurman, Mark Bowers, Adam Silva, Doug Hoekstra, Drew Horjus, (Not Pictured) Kirk Wynsma

Far Left: Brian takes a moment during warm-ups to look at the camera.

Left: Adam prepares to tee off.

Right: Drew concentrates before starting his swing.



Track & Field



Top: Andrew jumps high jump
Above Center: Jake Long hands off to Kirk in the 4x100 Relay.
Above: Dirk throws shot put



Top: Alicia hands off to Betsy in the 4x400 relay . Above Right: Elise and Anna run the 100m dash
Above: Amanda concentrates during long jump
Right : Kirk strides over a hurdle in the 110m high hurdles



Knight's Baseball



Top Right: Mr. Hamstra, Steve Handtke, Eric Van Der Molen, Sean McPhillips, Todd Slager, Kyle Maatman, Justin Dexter, Robert Van Kuiken, Craig Johnson, Mr. Jonkman

Bottom Right: Danny Glemby, Michael Croft, Cole Seibt, Josh Kraus, Jeremy Boer, Derek Barnhart, Mark Bowers, Timothy Thorn, Luke DeBoer

Below: Eric VanDerMolen puts his weight into the pitch to try to get the opponent out.



Left: Danny Glemby swings thorough to advance the team on the bases.

Far Left: Craig Johnson prepares to bat while Croft watches the current batter.



Left: Steve Handtke, one of CCHS's few lefties, is ready to bat.

Below: Kyle Maatman crosses home plate and advances the score for Covenant



Left: The team stresses teamwork and team-manship by gathering to listen to the coaches and to cheer.



Band



Above Right: The band looks great for their Christmas performance.

Above Left: The band incorporates guitarists during some of their jazz pieces.

Right: Mrs. DeVries introduces the piece they are about to perform.

Left: The band performing a piece for the audience

Below Right: The percussion and saxophone players focus hard on their pieces.

Below Center: Mrs. DeVries helps the band keep a beat.

Below Left: The band waits for their cue to start.



The entire band is ready for next year after the last concert of the year.



Choir



Above: The choir decorated their soundshell for the holidays.

Right: The boys singing a piece

Left: The Choir performing for the audience

Right: The Seniors in choir sing a song as a final farewell to school.

Below Left: The choral is a smaller group that works on harder pieces.

Below: Mrs. Hager directs the choir.

Above Left: Mrs. Hager introduces the next song they will sing.

A choir concert may feature several solos and duets like Eric and Jessica (Above Right) or Sarah and Ryan (Left).

Landlopers



Above:
Steve Handtke Cooks!

Right:
Josh Van Zyl wants a
snack

Below: A group of boys
pose for a picture

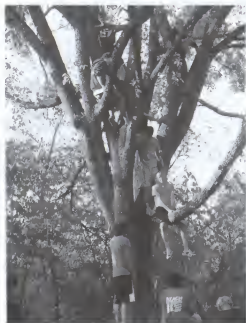


The Spring Landlopers
party lines up for its
group photo!



Fall

Many of the hungry
campers go over to
fix themselves some
lunch!



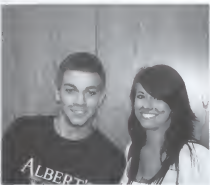
Left:
These daring boys climb a tree!

Below:
Amanda and Luke have an in-
tense debate!
Below Right:
Just talking!

Right: Spring Mixer with Illiana
Many enjoy a hike!



Senior Fun



1



2



4



3



5

1. Doug and Kerri- voted best smiles!
2. Bethany Jacobus- voted most gullable!
3. Dan and Kelli- voted most Athletic!
4. Sarah DeBoer- voted Biggest Flirt!
5. Sarah Johnson- voted the loudest!
6. Danny Glemby- voted Class Clown!
7. Solomon Long- voted best dressed!
8. Betsy Zandstra- voted most energetic!
9. Kyle "Beast" Beedle- voted funniest laugh!

9



8



7



6





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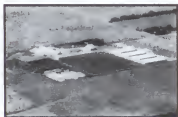
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the 1990s, the number of people in the UK who are aged 65 and over has increased by 1.5 million (1990–1999) and is projected to increase by a further 1.5 million by 2010 (Office of National Statistics 2000).

There is a growing awareness of the need to develop strategies to meet the needs of the ageing population. The Department of Health (2000) has identified the need to develop a 'new paradigm' for the care of the elderly, one that is based on the concept of 'active ageing' and 'active living' (Department of Health 2000). This paradigm is based on the idea that older people should be able to live independently, actively and healthily, and that they should be able to contribute to society.

The Department of Health (2000) has identified a number of key areas for action in order to achieve this paradigm. These include: (1) promoting healthy living and preventing illness; (2) promoting independence and active living; (3) promoting social participation and social networks; (4) promoting the role of older people in society; and (5) promoting the role of older people in the workforce.

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